

## Substance Abuse Services for Pregnant Women

### What is the service?

- Division of Alcohol and Substance Abuse (DASA) is the state agency providing both publicly funded treatment and prevention services for chemically dependent people and their families. Both drug and alcohol dependencies are addressed.
  - There are a variety of programs targeting substance use among pregnant and post partum women, as well as affected infants/children. Many of these are integrated and include: Fetal Alcohol Syndrome (FAS) and Fetal Alcohol Effects (FAE) Services; Parent-Child Assistance Program (P-CAP); Pregnant, Postpartum, & Parenting (PPW) Residential Treatment Services; ADATSA (Alcoholism and Drug Treatment and Support Act); Housing Support Services for Pregnant, Postpartum, and Parenting Women (PPW); Safe Babies Safe Moms (formally known as Comprehensive Program Evaluation Project (CPEP) for Substance Abusing Women and Their Young Children); Crisis Nurseries; and Chemical Using Pregnant (CUP) detoxification.
- DASA collaborates with agencies, non-profit organizations, tribes, local governments to provide services for individuals and communities
- Website: <http://www1.dshs.wa.gov/dasa/default.shtml>

### How/where is the service provided?

<p><b>Housing Support Services</b></p> <p><u>Description</u></p> <ul style="list-style-type: none"> <li>Up to 18 months of support services for women living in drug/alcohol free housing</li> </ul> <p><u>Eligibility</u></p> <ul style="list-style-type: none"> <li>Pregnant/postpartum/pa renting women</li> <li>&lt;= 185% FPL</li> <li>Not using any kind of drugs</li> <li>Currently in treatment, or finished within one year, and in transitional housing</li> </ul> <p><u>Served</u></p> <ul style="list-style-type: none"> <li>11 sites statewide</li> <li>149 openings available statewide</li> <li>149 women served annually (services can be occupied for up to</li> </ul>	<p><b>Residential Treatment Services</b></p> <p><u>Description</u></p> <ul style="list-style-type: none"> <li>Up to 6 months of 24-hour residential treatment settings with structured programs, along with therapeutic childcare for children</li> </ul> <p><u>Eligibility</u></p> <ul style="list-style-type: none"> <li>High risk substance abusing parents and children &lt;age six</li> <li>&lt;= 185% FPL</li> <li>Women with inadequate prenatal care, have a child with FAS/FAE, or have not accessed community resources yet.</li> </ul> <p><u>Served</u></p> <ul style="list-style-type: none"> <li>10 sites statewide</li> <li>150 beds available statewide</li> <li>~610 women served in calendar year 2004</li> <li>Waiting lists vary.</li> </ul>	<p><b>Safe Babies Safe Moms [formally Comprehensive Program Evaluation Project (CPEP)]</b></p> <p><u>Description</u></p> <ul style="list-style-type: none"> <li>Comprehensive services in three counties (Snohomish, Whatcom, and Benton-Franklin), for women and children up to age six; including residential treatment and housing support services</li> <li>Case management up to 3 years</li> </ul> <p><u>Eligibility</u></p> <ul style="list-style-type: none"> <li>High risk women and young children</li> <li>&lt;=200% FPL</li> <li>Currently accessing community resources</li> </ul> <p><u>Served</u></p> <ul style="list-style-type: none"> <li>3 sites statewide</li> <li>A minimum of 240 women served annually.</li> <li>Waiting lists vary.</li> </ul>	<p><b>Parent-Child Assistance Program (P-CAP)</b></p> <p><u>Description</u></p> <ul style="list-style-type: none"> <li>Advocacy services: referrals, advocacy, connections to local resources, and financial assistance in six counties (King, Pierce, Yakima, Spokane, Cowlitz, and Grant)</li> <li>Case management up to the target child's third birthday.</li> </ul> <p><u>Eligibility</u></p> <ul style="list-style-type: none"> <li>High risk women and young children</li> <li>Women with inadequate prenatal care, have a child with FAS/FAE, or have not accessed community resources yet</li> </ul> <p><u>Served</u></p> <ul style="list-style-type: none"> <li>6 sites statewide</li> <li>450 women and their children served annually</li> <li>Waiting lists vary.</li> </ul>
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### **Crisis Nurseries**

#### Description

- Day and respite childcare for children with parents with chemical dependency challenges

#### Eligibility

- Children up to age six years
- Parents using chemical dependency services

#### Served

- 2 sites statewide
- 83 families/143 children served (2003-2005)
- Child Haven: 105 children served
- Counties: King and Yakima

### **Parent Trust**

#### Description

- Support groups for families recovering from chemical dependency

#### Eligibility

- High risk women and young children

#### Served

- 10 sites statewide
- Women who are in PPW Residential treatment can access this service.
- Usually available at Residential Treatment sites

### **Chemical Using Pregnant (CUP) Detoxification**

#### Description

- Inpatient hospital program for detoxification and chemical dependency medical treatment

#### Eligibility

- Highest risk pregnant women
- Medically approved

#### Served

- 5 hospital sites statewide
- In 2004, 191 women were served.
- Waiting list is non-existent as a substance abusing pregnant woman has direct access to this service, most often within 24 hours of referral.

### **Fetal Alcohol Syndrome (FAS)/Fetal Alcohol Effects (FAE) Programs**

#### Description

- *FAS Family Resource Institute (FAS\*FRI)*: Non-profit partnership of professionals/parents; includes quarterly newsletter: *FAS Times*
- *FAS Diagnostic and Prevention Network (FADPN)*: Community and Professional Training
- *P-CAP*: see above
- *Iceberg Newsletter*: Quarterly educational newsletter from parents/professionals

#### Eligibility

- High risk women and their children
- Women with FAS/FAE or with FAS/FAE children, inadequate prenatal care, and/or not yet receiving community aide
- Statewide educational resource for Washington State citizens (FAS\*FRI and Iceberg)

#### Served

- Statewide

## *Additional programmatic information<sup>1</sup>*

### *DASA Process*

- Dual program focus on prevention and treatment
- DASA works with many community programs to be available to individuals, including treatment agencies and with 27 tribes for Native Americans.<sup>2</sup>
- Referrals and counseling can be found at the Alcohol and Drug 24-Hour Help Line (1-800-562-1240), and general information can be found at the Washington State Alcohol/Drug Clearinghouse (1-800-662-9111).

### *Eligibility*

- Determined by Community Service Offices (CSO); every county has at least one CSO, some with multiple offices depending on county size.<sup>3</sup>
- Priority for services is given to pregnant women (turnover within 15 working days), referrals from child protective services, street youth, youth in the midst of family problems, injection drug users, and people with HIV/AIDS.

### **Issues/concerns**

- Demand exceeds resources available for drug and alcohol abuse services, preventing those in need from receiving care.<sup>4</sup>
- Areas in need of attention: criminal justice, alcoholism as a chronic disease, opiate substitution treatment (methadone treatment), and substance use and aging, substance abuse and child welfare, treatment for nicotine dependence, and brief interventions in Emergency Department and Health Care Settings.
- Case management programs that extend to 5 years would sustain positive impact for a smaller subset who need additional services.

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<sup>1</sup> Washington State Department of Health, Division of Alcohol and Substance Abuse, "Pregnant and Parenting Women (PPW) with Chemical Dependency Issues" Presentation. Contact: Sue Green. Accessed 7/05

<sup>2</sup> Washington State Department of Social and Health Services, "Division of Alcohol and Substance Use". Website: <http://www1.dshs.wa.gov/dasa/default.shtml>. Accessed 6/3/05

<sup>3</sup> Washington State Department of Social and Health Services, "Treatment Protocol for Chemical-Using Pregnant Women.". Division of Alcohol and Substance Abuse. November 1990

<sup>4</sup> DASA, "Tobacco, Alcohol, and other Drug Abuse Trends In Washington State 2004". Website accessed: <http://www1.dshs.wa.gov/pdf/hrsa/dasa/2004TrendsIssues.pdf>